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THE FLYER

Volume 36 Issue 24

Salisbury University's Student Voice: Preview Edition

June 2009

Residence and retail project will offer new housing opportunities

By Vanessa Junkin
Staff Writer

SU is moving forward with plans for a new residence and retail building scheduled to open for the fall 2011 semester and hired Rinnier Development Company for the project in April. WDG Architecture and Whiting-Turner will be working with Rinnier.

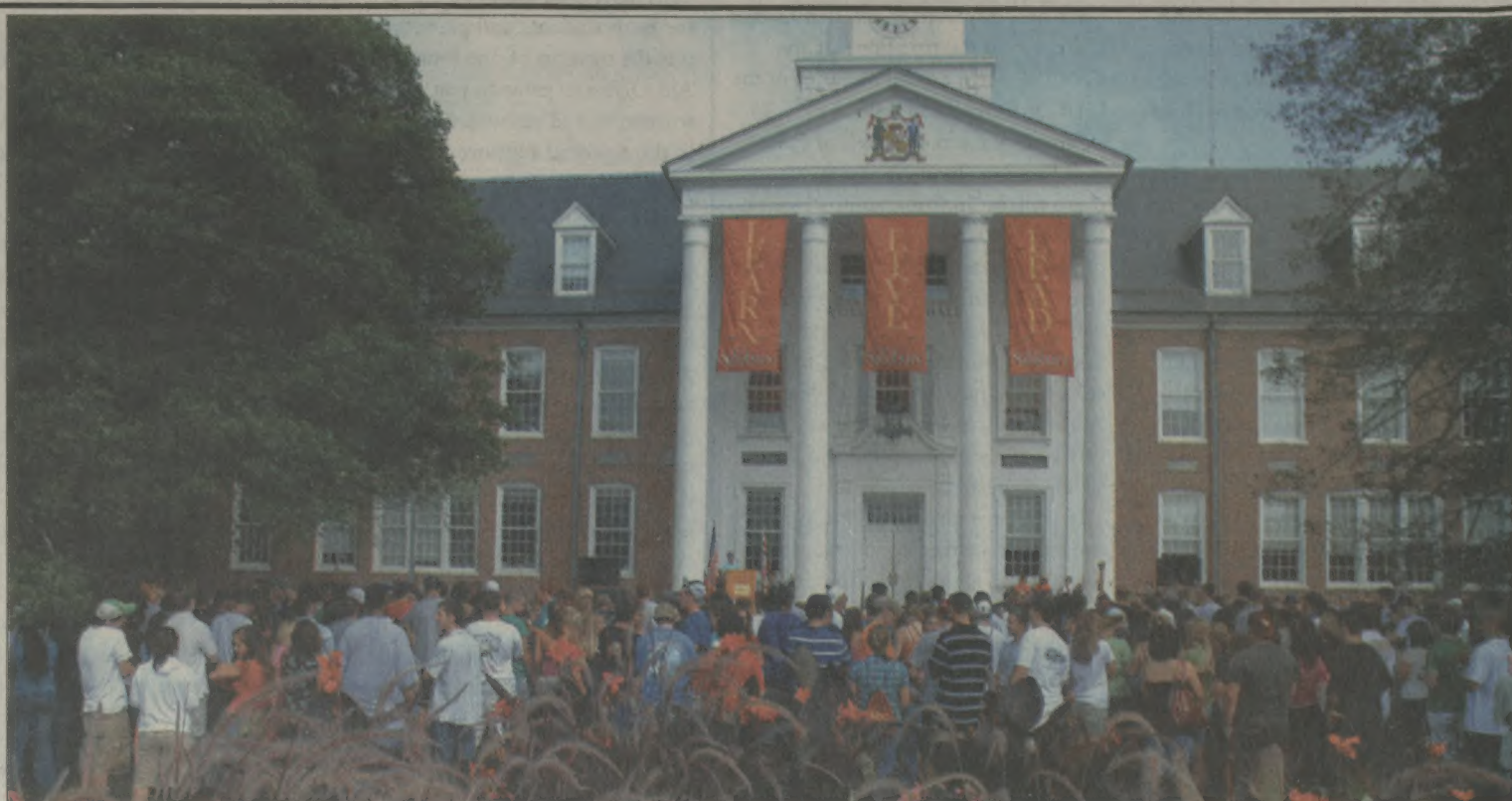
"It was a team that really listened and responded to the Request for Proposal, very much hearing what the University's desires were to mark that corner," said Vice President of Student Affairs Ellen Neufeldt, who chaired the Request for Proposal committee.

Director of Housing and Residence Life Dave Gutoskey said Rinnier will be a developer that has their own good ideas, but will also listen to those from SU who know what the students want.

"We've done a couple years of research and focus groups with students, and this is going to be a product which is really driven by what students have been asking for," Gutoskey said.

The public-private partnership building will provide room for about 600 students to live in the southeast corner of the University. The

See Project Pg. 3



Publications photo

New students gather on the lawn in front of Holloway Hall and begin their journey at Salisbury University, ready to embody the University's motto of "Live. Learn. Lead."

SU welcomes class of 2013!

By Kristen Kazmarek
Assistant Dean for Student Success and Parent Programs

Welcome to Preview, the official start of your orientation program to Salisbury University! We are genuinely excited that you have chosen SU and our goal is to ease your transition to University Life. We know that becoming a college student is very exciting and presents many new challenges. There is so much for you to discover and that process begins now. Preview is an excellent time for you to meet other members of the class of 2013. You are all going through the same thing - so step out of your comfort zone and in-

roduce yourself to several new people today. Your preview day is designed for you to get a sample of the academic, social and personal aspects of life here at Salisbury.

By the end of your Preview day, our goal is for you to have engaged in an advising session and complete your Fall 2009 class schedule, interact with upper-class peer leaders about true life at SU, learn more about all the student support services that will help you succeed, and overall reduce your anxiety and tap into the excitement of starting this new chapter in your life.

Your orientation does not end when you have your class schedule in hand. Perhaps one of the most important things you can

do to ease your transition to college is to create vital connections with the faculty, staff and definitely to other students as you make new friends. We continue to help you with this during the New Student Orientation Program. Whether you are moving into the residence halls or commuting locally, your first day at Salisbury University begins on August 27, 2009! We have a comprehensive four-day orientation program that will prepare you for the first day of classes on Monday, August 31, 2009. Attendance at all orientation programs is an expectation of all new students to the University.

We know that your transition does not end on the

See Welcome Pg.2

Reach your academic potential with the CSA



Adrienne Price photo

SU baseball players Daniel Trivits, Matt Byers and Cameron Shifler achieve on and off the field, as they study in the Center for Student Achievement.

By Heather Holmes, Ph. D.
Director, Center for Student Achievement

The Center for Student Achievement (CSA) offers a full complement of services to help students achieve their academic potential. Often, new students have excelled in high school but find the transition to the academic rigor of college difficult. The key to your success is to seek help early and often in your first semester. The staff at the CSA will help connect you with services in our center and across campus. An academic coaching appointment with a staff member may help you to get on the right track. We may recommend a tutoring session or a peer facilitated study session called supplemental instruction.

You may want to take advantage of one of our weekly study skills workshops. Each week, we cover a new topic such as time management, test taking and learning styles, to name a few. For a full schedule of our fall workshops see our Web site: www.salisbury.edu/achievement

Do you need to improve your Math skills? The

CSA offers online tutoring in Algebra, Trigonometry, Calculus, Business Statistics and Chemistry. The Math Lab in Henson Hall also offers tutoring Monday-Thursday from 9 a.m. to 7 p.m.

The CSA offers students an opportunity to develop their leadership skills and presentation skills. We encourage students to compile all of their leadership, service, and/or internship experiences in an employment (involvement) portfolio. Stop in for more information.

Keep in mind some simple tips to get off on the right foot academically. First, find an ideal place to study. Is it in the residence hall, library, or the CSA? Determine the best place to get work done with the least number of distractions.

Secondly, go to class! It is tempting to sleep in and skip that 8 a.m. class. The easiest way to learn material is to hear it from the professor. Set a goal to attend every class this way you will not miss vital information that may be on the test, changes in due dates, changes in the syllabus, etc.

Next, set academic goals for the semester. Set a goal for each

See CSA Pg. 2

Explore endless opportunities with Student Activities

By Jennifer Blackwell
Student Activities Director

You have probably heard people tell you to go to college and "get involved". But, what does this really mean? At Salisbury University, involvement means finding ways to enhance your Salisbury experience outside of the classroom. Academic achievement is your first priority; however, through participation in a student organization, membership in a social Greek fraternity or sorority, attendance at an on-campus event, or giving back to the local community through a service project, you will complement your academic experience - gaining valuable skills and making you a well-rounded individual.

Why Should I Get Involved?

The best way to adjust to life at Salisbury University is to get in-

involved. You are a valuable part of our community and involvement will help you garner relationships with peers, faculty, and administrators with a beneficial impact on your college success. Research indicates students who are involved at their university are more satisfied with their college experience, receive better grades, are more likely to stay in school, and are more marketable when job searching (Milem and Berger, 1997).

Choose opportunities that interest you. To get the most benefit from your involvement, choose to get involved in activities that appeal to you. If your friends are participating too, that's an added bonus, but should not be a deciding factor.

Find a balance. Research shows involvement leads to more benefits; however, you can overdo it.

As you engage in out-of-classroom activities, do not neglect your academics or your health. Also, when deciding what to get involved with, do not take on everything at once. Start slow and add activities as you get comfortable with your schedule.

Visit the Office of Student Activities, Organizations, and Leadership. If you want help finding an opportunity that's right for you, or answers to any questions about activities available, please stop by the OSAOL located on the first floor of the Guerrieri University Center Room 125, Monday thru Friday from 8 a.m. - 5 p.m..

Salisbury University has over 120 recognized student organizations. The dynamic and vibrant

SEE Involvement Pg. 3



Sarah Lake photo

Members of Campus Catholic Ministries entertain potential students at Admitted Students Day in March. CCM is one of many fun and active clubs at Salisbury University.

Students can take advantage of off-campus housing options

By Brian Lind
Facilities Coordinator

Whether living in the residence halls as a first year student, or beginning your college experience off-campus, securing housing is something all SU students will be doing. Finding off-campus housing requires a great deal more planning and effort. The Off-Campus Housing Service provides students with resources and useful information to make the process easier.

Knowing your rights and responsibilities as a renter is a crucial aspect of being an informed student living off-campus. The Off-Campus Housing Web site (www.salisbury.edu/commuters/off-campushousing) offers information on tenant, landlord, and neighbor rights, Maryland rental laws, as well as tips on avoiding disputes. The site also provides a seven-step guide to finding off-campus housing. From figuring out what kind of housing you want, to developing a budget, finding roommates, dining options, and important questions to ask before you sign your lease.

Additionally, the Web site provides information on your rights and responsibilities, community information, moving guides and much more.

A primary concern for students living off-campus is safety. The Web

site provides links to Salisbury University Police, Salisbury Police Department, and the Wicomico County Sheriff's Department. Information on how to protect your property and tips on avoiding crime are available on these sites.

Finding roommates can be an additional challenge for students seeking off-campus housing. The GUC Off-Campus Housing Services offers a "Students Looking for Roommates" service for all SU students. Student's contact information is placed on a form and displayed in the Red Locker Corridor on the first floor of the GUC. A form can be obtained at the GUC Information Desk.

During the second week of Summer Preview (June 22 - June 26) there will be an Off-Campus Housing Fair held in Holloway Hall each morning from 10:30 a.m. until noon. Local landlords and rental agencies will be on hand advertising available housing to students who are still in search of a place to live this year. Additionally, SGA hosts several larger Off-Campus Housing Fairs in the spring semester.

If you have questions that the Web site cannot answer, or just need someone to assist you in the process, feel free to stop by the GUC Information Desk (open 8 a.m. - 4:30 p.m. M-F) or the Guerrieri University Center Office (8 a.m. - 4:30 p.m., M-F).

SU's Financial Aid Office welcomes new students

By Barri Zimmerman
Financial Aid Director

Congratulations on your decision to attend Salisbury University! This is the beginning of a new and exciting chapter in your lives and we are delighted that you chose Salisbury University as your "home" for the next few years.

We know that financing your education is an important issue for both students and parents and it is the mission of the Financial Aid Office to provide you with information and resources to assist in the financial support of your educational goals. To apply for most types of aid, you must complete the Free Application for Federal Student Aid (FAFSA). The FAFSA can be completed online at www.fafsa.ed.gov. The application must be renewed each academic year for you to continue receiving financial aid. The priority-filing deadline for the FAFSA is March 1 for the upcoming academic year. Students who have completed the FAFSA by this date will be considered first for need-based financial aid.

As a new student it is important to keep academic achievement as

a priority. In order to continue receiving financial aid, you must maintain satisfactory academic progress toward your degree. The official policy for satisfactory academic progress can be found on the financial aid section of Salisbury University's Web site.

The staff of the financial aid office takes great pride in processing your request for financial aid in the most efficient manner possible. It is important for you to check your campus e-mail regularly for messages regarding your financial aid status. In addition to checking your email, you should also check your on-line "To Do" list on GullNet regularly. Keeping yourself up to date with regard to these two forms of communication can greatly reduce delays in the processing of your financial aid. Your "To Do" list may be found using the following path on GullNet: Self Service > Campus Personal Information > To Do List.

In order to stay on top of deadlines, please take note of some important dates.

Fall 2009 semester bills will be mailed by the Cashiers' Office during the week of July 13.

Bills are due on August 3. Your bill may be satisfied entirely by financial aid, or you may consider a combination of resources including personal funds and financial aid.

The financial aid staff is available during office hours to respond to your financial aid questions and requests. No appointments are necessary. You can seek assistance in the office (Holloway Hall, room 213) on a walk-in basis or you may call the office at (410) 543-6165 to speak with a financial aid representative. We look forward to working with you and wish you great success in all your endeavors here at Salisbury University.

Reminders

- Fall 2009 semester bills will be mailed the week of July 13.
- Bills are due on August 3.
- Priority filing for FAFSA is March 1 for the upcoming academic year
- To seek assistance please visit Holloway Hall 213 or call 410.543.6165

Welcome

Continued from Pg. 1

first day of classes. We also know that students are more successful if they are engaged and involved in University life, especially in the first six weeks of their college experience. It is because of this that we have designed the Sea Gull Success Series. We offer a series of programs purposefully chosen to assist in your academic, social and personal transition. You will receive a detailed listing of the programs during the August orientation program.

You can find additional information about the New Student Orientation and the Sea Gull Success Series program on the new Student Experience website at www.salisbury.edu/newstudexp. If you have any questions, please feel free to contact us at 410-543-6102 or stop by our office in the Guerrieri University Center, Office 213. Welcome new Sea Gulls! We look forward to getting to know each one of you.

Residence halls begin renovations

By Vanessa Junkin
Staff Writer

Construction has recently begun on renovations for the Pocomoke and St. Martin residence halls.

Associate Vice President of Student Affairs Dane Foust said students won't recognize the inside of Pocomoke and the other three residence halls around the quad after the work is completed.

"Once a student goes inside, it's going to be a whole different look to the building," he said.

Ellen Neufeldt, vice president of Student Affairs, estimated that Pocomoke's renovations will cost about \$6 million.

Pocomoke will close for next semester but will reopen for the spring semester after the renovations, said Dave Gutoskey, director of Housing and Residence Life. Students living in Manokin Hall, which will be co-ed, will then move to Pocomoke so that

Manokin renovations can begin, he explained, and he added that Nanticoke and Wicomico Halls will follow in the next academic year.

With a building reopening each semester, all of the traditional residence halls will be renovated by fall 2011, when the Allenwood housing project will open. Although the amount of students living around the quad will decrease, Gutoskey said, more bathrooms were needed, and Allenwood will provide housing in the future.

"The interior of that building will be totally demolished," Gutoskey said of Pocomoke. "So Pocomoke, when it opens again, will not be the Pocomoke of old."

The new design will include mainly double suites with a few singles, Gutoskey said, adding that attic spaces will be used and the rooms will be carpeted.

He explained that the front of

Pocomoke will be built onto and a limited-use elevator will be added. The lobby will be set up as a loft so that people can look from the first floor into the basement,

"We're doing a lot of things that are really going to help make a stronger connection between classroom experiences and out-of-class experiences."

Dane Foust
Associate Vice President of Student Affairs

where there will be a TV lounge, a kitchen, a smart classroom and a pool table room.

He hopes the new basement will be a place that students want to

hang out.

The classroom will be for living-learning communities, Gutoskey said, but it will be built as a multi-purpose room to be used for study groups or programs at nighttime.

"We're doing a lot of things that are really going to help make a stronger connection between classroom experiences and out-of-class experiences," Foust said.

Neufeldt said living-learning communities help support student success, and she added with the Pocomoke renovations, SU hopes to see even higher student satisfaction as well as a higher level of retention.

"It gives them both the amenities as well as the proper environment to be successful in their first year at SU. So, it's really going to stand out as a premier freshman living environment," she said.

Sustainability initiatives also

buildings, Gutoskey said, adding that he wants all four to be LEED Silver.

Changes to the upperclassman St. Martin Hall are estimated to cost about \$4 million, Neufeldt said.

Gutoskey said St. Martin's renovations will be completed by the beginning of the fall 2009 semester and include replacing the heating and air conditioning system; putting in a new roof; enlarging the center stairwell and enclosing it with glass; and adding lounges on the second and third floors. Foust said that St. Martin will be adding fitness space.

Upcoming changes to existing buildings have been based on master planning and student input.

High rise renovations may occur in four or five years.

"Phase one is our traditionals, and then phase two will be the high rises," Gutoskey said.

Project

Continued from Pg. 1

project will cost about \$50 million and cover about 230,000 square feet.

At the most recent SGA forum in May, Rinnier Vice President Blair Rinnier came to discuss this project. Students viewed a short video of what the building is projected to look like, and then he and Neufeldt asked the group questions about the projected apartment floor plan to help make the housing most ideal for students.

Students commented on things like the doors closing off each suite; the positioning of the washer and dryer near the kitchen; the location of the sinks in or outside the bathroom; whether they would want a shower versus a bathtub; and whether a pantry was needed.

Each bedroom in an apartment will be the same size, and each would be about 12 or 13 feet long by nine or 10 feet wide, Rinnier said.

For safety reasons, he said the building design will have residents swipe their cards twice to get into the housing area along with a person guarding the entrance.

Rinnier said retail will line the first floor of the building facing Route 13 and will occupy about 20,000 to 25,000 square feet of space. He also said new green space will be created with a retail courtyard in the front and a quad-like area in the back of the building.

The building, which will meet LEED Silver guidelines, will also include a campus gateway, a clock tower, a lobby, a multipurpose classroom-type area, a fitness room, a management and leasing area and an indoor bike storage area.

Students had the opportunity to suggest options for the retail spaces, which will be for students as well as members of the community. Specific businesses have not been chosen yet, but types of possibilities include a coffee shop, a restaurant, a retail bookstore and a convenience store.

"The atmosphere could be really cool," Rinnier said. Rinnier attended the International Council of Shopping Centers (ICSC) conference in May and said local and national retailers were interested in this opportunity.

He said the company hopes to begin construction in early 2010. "This project offers an exciting opportunity to work with the University together to design and develop a project that will meet the vision of the University and will also be an asset to the community as a whole," Rinnier said.

Involvement

Continued from Pg. 1

student community at SU provides opportunities for everyone.

Student Organizations

Student organizations value inclusion, civility, leadership, citizenship, diversity, sustainability, and wellness. Organizations are grouped by category: General Interest, Academic/Departmental, Education/Professional Studies, Liberal Arts, Science and Technology, Sports and Recreation, Communications and Publications, Religious, Volunteer and Service, Political, and Supervising or Programming. Explore <http://www.salisbury.edu/SAOL/orgs/> to find a detailed listing of all recognized organizations.

Greek Life

At Salisbury University, affiliation is a unique opportunity to be involved in a strong, continuous community over one's career. All chapters chartered at Salisbury University are nationally recognized. The Greek Life community at SU is comprised of six sororities and nine fraternities, all with a focus on scholarship, leadership development, personal growth and citizenship. Full-time, regularly enrolled students who have earned at least twelve credits and have a 2.3 college GPA may participate in recruitment.

Leadership

There are many opportunities to develop your leadership skills at SU. From serving in an executive board role to participating in SGA Forums, volunteering at campus events to participating in the annual leadership retreat, workshops or the Leadership Challenge program through the Center for Student Achievement, the OSAOL encourages you to leave your mark at SU!

Service

Have you ever wanted to make a change in your community but were not sure where to begin? At Salisbury, student organizations host community-wide service projects and volunteer opportunities with the intent of making a difference. Available projects are posted monthly by the OSAOL.

WELCOME

OPEN MIC NIGHT
LECTURE: SEX SIGNALS
COMEDIAN: GEOFF KEITH

BE ACTIVE
FAMILY
WEEKEND

PAINTBALL TRIP
LAST COMIC STANDING

COMEDIAN
DAN CUMMINGS

FREE
WEEKEND
MOVIES

WELCOME TO FUNCTION

TRAVEL

S-O-A-P-

FALL 09

EVENTS

UPCOMING EVENTS

PARANORMAL STATE: RYAN BUELL
COMEDIAN: ALVIN LAU & DANIEL KINNO
HOMECOMING WEEK

For more EVENTS visit <http://orgs.salisbury.edu/soap>

Choosing a major? Looking for a minor?


Get assistance from the
Career Services Office
(GUC 133)

Take the
Focus assessment
online to focus in on
your interests & options

Talk with career advisors


<http://www.salisbury.edu/careerservices>

SU bookstore



Shop For:

- Books for all courses, reference books & study guides.
- Computer hardware, software & electronics.
- Official SU clothing, gifts & college rings.
- For your leisure & health: newspapers, greeting cards, cold medicine, toothpaste.



Summer Hours:
8:30 a.m.-4 p.m. (M-F)
410-543-6085 • bookstore.salisbury.edu

Salisbury
UNIVERSITY

NEW STUDENT OUTDOOR PROGRAMS

..... Making Connections, Fostering Leadership

Did you see the postcard in the mail telling you to save the date? We know you must've seen the big glossy brochure with the colorful kayaks on front of it with the title "New Student Outdoor Program" in the mail about a month ago. What we hope is that you looked through the brochure and thought that one of the outdoor program experiences could be right for you. We know that many of you did since the 2009 summer outdoor programs are already over 60 percent full. The good news is that we understand that you may still have questions about what the trips entail, what you can expect to do, what you will get out of such an experience or which trip is right for you.

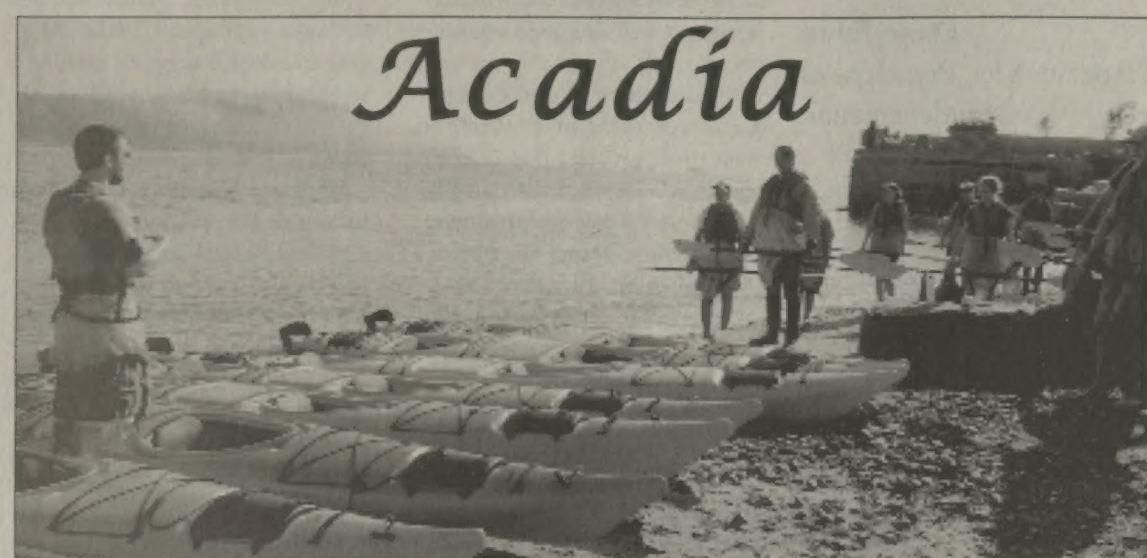
We have staff on hand during Preview to answer all of your questions.

For over 25 years, the Outdoor Program Experiences have been taking new freshmen students on a trip of lifetime during the summer before they their first semester at Salisbury University. Why do we continue to do it? Because we know they make a difference. On the surface, you will have fun hiking, canoeing, cycling, white water rafting, surfing, camping, challenging yourself on a ropes course and much more. What makes these programs special is that new students get to interact with other new students, faculty, staff and upper-class peer leaders in a relaxed, fun

and engaging way. We also know that students who go on the outdoor programs trips already feel so connected - through amazing friendships made, knowledge of University resources, and a connection to faculty and staff - that they do better academically and are involved extensively in leadership activities on campus. You do not have to be an outdoor enthusiast and in many cases, students go on trips that challenged them to do things they would've never thought they could have done. This is an opportunity you won't regret!

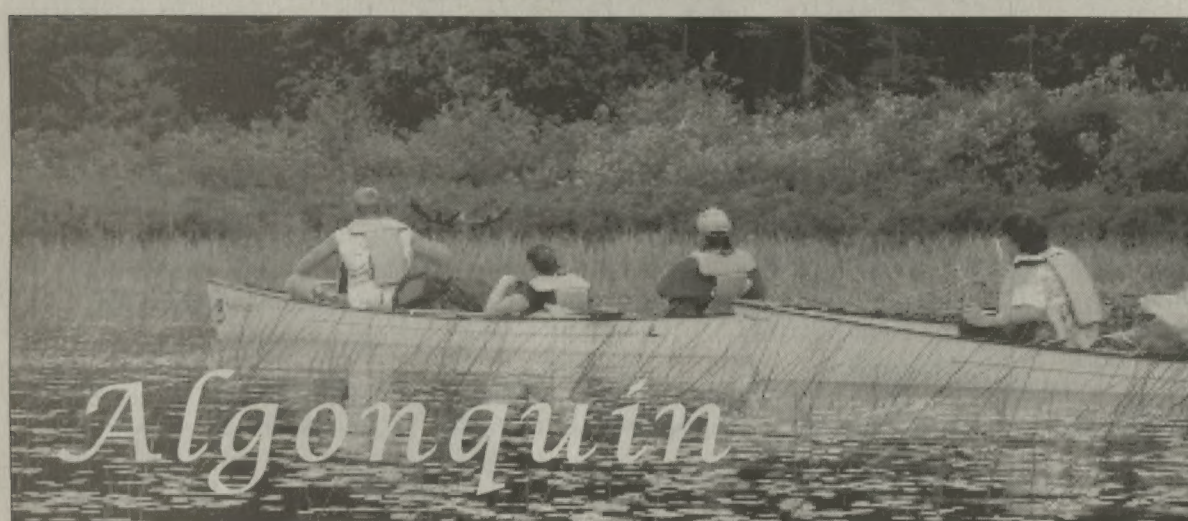
— Kristen Kazmarek

Assistant Dean for Student Success and Parent Programs



Acadia

The Acadia Adventure Program takes students to the beautiful Acadia National Park located on Mount Desert Island along the coast of Maine. Students can go sea kayaking, hiking, biking, swimming while also engaging in a service project for the National Park Service. Students will also visit quaint sea-side fishing villages, feast on succulent Maine lobster and relax by the campfire. Dates are July 18 - 28.



Algonquin

Henry David Thoreau went to the woods so that he might "live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach." New Salisbury students have the chance to "live deliberately" and make new friends on the canoeing/camping trip in Algonquin Provincial Park, in Ontario, Canada, one of the most beautiful, pristine and serene places in North America. Dates are August 5 - 16.

The faculty and staff course directors are available during the continental breakfast after check-in, at lunch in the Commons and during afternoon information sessions. They are also available via e-mail or phone if you have questions after you head home from your Preview day. Just a reminder: spaces are limited and several programs are already full. If you know you want to participate in a program, sign up online at <https://secureweb.salisbury.edu/newstudexp/register> as soon as possible since the spaces are first come, first served.

Join fellow new students in this cycling option that allows you to explore the beauty of the Eastern Shore of Maryland. Learn about the school, Eastern Shore culture and your new local community. Participants will venture out on moderate group bicycle rides on sections of the scenic, nationally-recognized Sea Gull Century Tour route. Unwind at the end of the day for some delicious steamed crabs at the Red Roost. Dates are July 31 - August 4.



Cycle the Shore

Commuter Connections makes it worth the trip

By Janet Matope
Graduate Assistant and Commuter Connections Coordinator

The majority of us travel to and from the Salisbury University campus on a daily basis, so we understand the challenges like parking, food, and transportation that come with it. About 75 percent of the student population is commuter students who have to deal with these issues everyday, as well as balance their schoolwork. In order to cater to the needs of commuter students, Salisbury University has launched Commuter Connections. Our primary goal is to help ease the anxieties of commuter students and facilitate the connection to campus life. Our programs and services provide ample opportunities for commuters to meet other students like themselves and to make connections with faculty and staff.

Commuter Connections encourages all commuter students to become involved in campus life by taking full advantage of the many programs and resources offered early in their college career. The utilization of these resources is a key ingredient for students to feel connected to the campus and to be successful here at Salisbury University.

Commuter Workshops, one of the many programs offered, are commuter specific and cover important issues such as time management, balancing finances and healthy lifestyles. In an effort to encourage commuter students to get to know their peers, the Commuter Coffee Hour meets from 8:30 to 9:30 a.m. every Monday through Thursday. Commuter students can simply go grab a cup of coffee and a pastry in Cool Beans Café while interacting

with other students. At the beginning of every fall semester, Commuter Connections also hosts a Commuter Welcome. This year's fall 2009 Welcome will be held on Wednesday, Sept. 2 and there will be on-campus departments and off-campus vendors available to inform commuter students of the resources they offer. There be great music and door prizes. We would like to encourage all commuters to make an extra effort to attend this event that will directly benefit them.

Furthermore, Commuter Connections has developed a Mentee/Mentor program, which is designed to help incoming, first-year commuter students make a more successful and smooth transition to Salisbury University. Incoming commuters are paired with more experienced commuter students who will help them to "learn the ropes" and assist them in making a more solid and rewarding connection with the campus. Having an experienced commuter student assures incoming students that they will have someone that is more knowledgeable of the campus, who can give them tips on commuter success and cover issues such as parking, transportation and eating, buying books and pointing them in the right direction when they have issues or concerns. Incoming commuters will have the opportunity to sign up for this program during their preview session.

To find other useful information visit the commuter website www.salisbury.edu/commuters. We look forward to seeing you around campus and remember: there are countless opportunities in and out of the classroom to make the most of your college career, so take initiative and get involved!

Connecting with Disability Support Services can help new students transition

By Nikkii Dyer
Student Disabilities Services Coordinator

While it is estimated that anywhere between six and ten percent of all college students have a disability, many students with disabilities feel stigmatized by their having a disability. In effect, these students may choose to put off seeking disability support services until later in their college experience, oftentimes when they are in academic jeopardy, or they may never seek services at all. Their choosing not to register with the Office of Student Disability Support Services (OSDSS) results in their not receiving academic accommodations. For some students, particularly new students, not having such accommodations in place, especially at the onset of the semester, can hinder their learning and/or their performance on tests or projects. Naturally, there are some students with disabilities who do not need additional support services, however, most do and should take advantage of them as a means by which to "level the playing field" for themselves as they pursue their college career. So that students with disabilities can best equip themselves with the "tools" that they need for success in college, they should connect and register with the OSDSS as early as possible, ideally, at least four weeks prior to their beginning their first semester at the University.

What is the process for registering with the OSDSS at SU? The process involves three steps. Beginning with step one, the student should contact the OSDSS by phone (410) 677-6536, TTY (410) 543-6083, or e-mail nadyar@salisbury.edu and provide documentation of their disability. Such documentation should meet specific criteria, which is available by visiting the OSDSS Web site at <http://www.salisbury.edu/students/dss/>. In step two, the student completes and submits a

Student Intake Packet in which they make a formal request for specific academic accommodations. Finally, in step three, the student meets with the OSDSS Coordinator, Nikkii Dyer, for an Intake Meeting. At this meeting, an agreement as to what reasonable accommodations will be part of their plan are identified.

Following the student's successful completion of these steps, they are issued a Memorandum of Accommodations, which discloses their eligibility for specified accommodations, as featured on this official document. The student is instructed to provide this document to faculty and staff members as needed. Students are encouraged to arrange for a private meeting with any individual to whom they wish to disclose their eligibility for accommodations and what those accommodations are. While the OSDSS collects students' documentation, recognizes functional limitations, and collaborates with the students to properly assess their needs and identify reasonable accommodations, it is the responsibility of the student to discuss their needs and accommodations with instructors, academic advisors, staff members, and peers, among others, within the learning environment.

Accommodations for disabilities can and should be seen as "tools for success." And, as is the case with any effective tool, if one uses it properly, they can maximize their performance. For new SU students with disabilities, having accommodations in place can equip them with tools that will allow them to thrive on campus. So, as all new students are preparing to secure their tools such as calculators, laptops, and GullCards, students with disabilities should consider if the OSDSS can be a resource for them, helping them secure additional tools for helping them maximize their performance.

The Flyer: Volume 36 Issue 24

LIFE & STYLE

June 2009

Greek Life offers a lifetime of opportunities

By Jennifer Blackwell
Student Activities Director

On behalf of the Salisbury University Greek community, welcome to your new home! We hope that you take the time to consider all of the opportunities available to you outside of the classroom to enrich your university experience, including those that our fraternities and sororities can offer you. At SU, we have four sororities and six fraternities, with two fraternal colonies. Leadership, scholarship, community service, and brotherhood/sisterhood are key components of our nationally-recognized organizations. By focusing on these principles, you can expect a positive collegiate and Greek experience. National studies have shown that students involved in campus life, specifically membership or participation in student organizations, have a better academic performance and a greater likelihood of completing a degree. Greek life provides opportunities to be involved in campus and chapter leadership positions, local community service projects, planning events and social functions, as well as scholarship and networking opportunities to secure relationships that will far outlast your tenure at the University.

Greeks at SU are actively involved in many aspects of campus life, including philanthropic ventures by dedicating numerous hours giving back to the community. For example, during the past year, Zeta Tau Alpha, with a commitment to breast cancer awareness and education, teamed up with Sigma Alpha Epsilon to raise funds for the Brooke Mulford Foundation. Also, Delta Gamma utilized their annual Anchor Splash program to raise money for Sight for Service while Alpha Sigma Tau worked with the local program Urban Ministries to assist with after-school activities for underprivileged youth. Not to be left out, Sigma Pi served at the local SPCA, Phi Mu hosted multiple events to raise funding for the Children's Miracle Network, Alpha Sigma Phi worked on multiple projects for Canine Companions for Independence, and Tau Kappa Epsilon, like many other chapters, diligently supported SU by helping out on Move-In Days, The Big Event, We Love Salisbury, and campus clean-ups.

Why would you want to be a part of a Greek organization at Salisbury University? Being in a Greek fraternity or sorority is not just a college experience; it's an experience of a lifetime. In addition to developing your skills as a leader, you will grow personally and foster relationships that may last a lifetime. Also, you have the opportunity to collaborate with other Greeks and members from different student organizations on campus. At Salisbury University, we follow a system of deferred recruitment. To be eligible to participate in a recruitment process, you must have twelve college credits, have at



Submitted photo

Salisbury University's enthusiastic Greeks gather outside of the Scarborough Leadership Center.

at least a 2.5 college GPA, and be a regularly enrolled, full-time student. This gives students an opportunity to successfully transition and explore more closely what Greek Life has to offer before making a commitment. For general information about how you can join a fraternity or sorority at

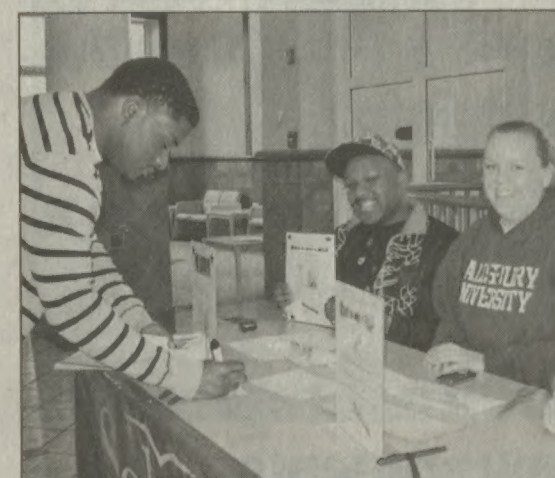
Salisbury University, please stop by the Office of Student Activities, Organizations, and Leadership located in the Guerrieri University Center on the first floor (Room 125) and speak with Lindsey Van Courten, Graduate Assistant or Jennifer Blackwell, Director of Student Activities.

From the Photo Bank: What's Happening On Campus



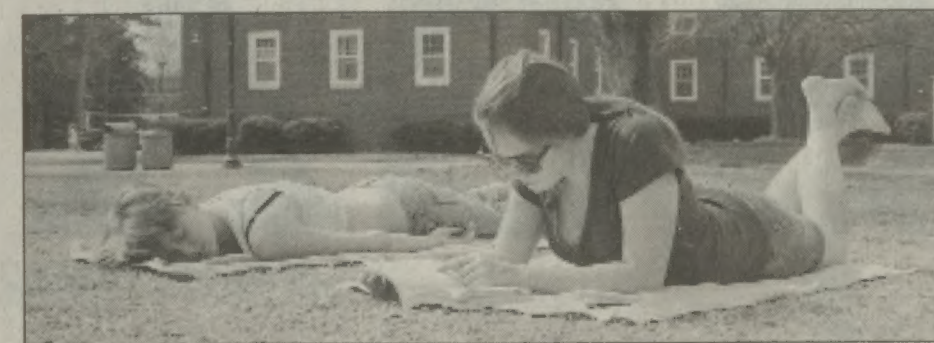
Sarah Wright photo

Students cheer on SU at a basketball game benefiting a local charity for breast cancer survivors.



R.L. Pusey photo

Kiya Amajioyi and Stephanie Shultz of the Student Alumni Council raffie off a free Nintendo Wii.



Sarah Lake photo

Freshmen Haley Riff and Mary Dwyer take in the beautiful weather on a Sunday afternoon in the Quad.



Sarah Lake photo

The men's ultimate frisbee team practice in front of Holloway.



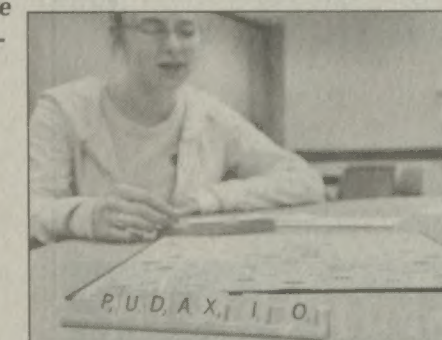
R.L. Pusey photo

Wyatt Unger offers unusual reasons to attend SU during Admitted Students Day.



R. L. Pusey photo

Theatre faculty member Brian McWilliams demonstrates stage make-up artistry during Admitted Students Day in March.



Sarah Lake photo

Anna Mackley ponders her next move at the GUC Scrabble Tournament.



R. L. Pusey photo

Students gather in the Guerrieri University Center to cheer on the game.



April Katsirubas photo

Emily Phebus asks sophomore Zack Kline at a job fair where SU students had the opportunity to meet more than 80 employers and look for potential job and internships.

If you or someone you know needs help with: academic problems, alcohol/other drug problems, anxiety, career/major indecision, childhood physical/sexual abuse, depression, eating/body concerns, family issues, finances, health concerns, homesickness, identity confusion, isolation/loneliness, lack of assertiveness, LGBTQ issues, loss, low self esteem, perfectionism, relationship issues, relationship violence, sexuality, sexual assault, stalking, stress...

Student Counseling Services
410-543-6070 GUC 263
www.salisbury.edu/counseling



Outreach Programming
 Consultation Services
 Individual Counseling
 Couples Counseling
 Group Counseling
 Web Resources

Hours: 8 am - 5 pm (academic year)
 8 am - 4:30 pm (summer years)

In Case Of Emergency

Call SCS during business hours

Call University Police at 410-543-6222 after hours

Sigma Alpha Epsilon: In aid of a Brother

By Ben Muell
 Staff Writer

Fundraising for four-year-old Brooke Mulford, daughter of Market Street Inn owner Rob Mulford, is not only a Salisbury community concern, but also one for the Sigma Alpha Epsilon (SAE) fraternity.

Rob Mulford is an alumnus of the SAE chapter at SU and his daughter Brooke has been diagnosed with stage four neuroblastoma, a rare form of cancer. Neuroblastoma is a cancer of the sympathetic nervous system, a nerve network throughout the body that carries messages from the brain.

Over the past semester SAE has held numerous fundraising efforts to support the Mulfords. SAE started small by organizing a 50/50 raffle on campus. Then SAE started selling "TEAM BROOKE" wristbands, which took in over \$1,000 in about a week. Along with taking part in almost every Brooke-related event in some form, SAE decided to host their own fundraiser at Brew River as part of their annual Paddy Murphy Celebration on May 2, where a portion of the proceeds from raffles and tickets were donated to the Brooke Mulford Medical Gift Account.

However, SAE's most significant contribution occurred on March 7, 2009. The brothers of SAE celebrated their Founder's Day at Seacrets in Ocean City and used the opportunity as another fundraising effort for Brooke

Mulford. Seacrets owner and SAE alumni Leighton Moore helped sponsor the "Get lost with Brooke" fundraiser. Duke Marshall, chapter advisor and alum, was pleased with the turnout of and participation in the event. "We had 150 actives and alumni of the 800 people at Seacrets on Saturday [March 7] and our contributions alone topped \$10,000. That in itself speaks volumes about the strength of our Brotherhood and the lengths we will go to support one another," Marshall said.

SAE has taken a stand to remain committed and active to this worthwhile and community-based cause. SAE will continue to support Brooke and the Mulford family by helping as much as they can, as a reminder that every little bit helps.

The SU chapter of SAE has been involved in other fundraising and philanthropic events similar to this cause. SAE's national philanthropy is the Children's Miracle Network. Fundraising for the Brooke Mulford Foundation has given the brothers insight into how much impact they can have on someone in the local community. Former SAE president Ray Nicholas is proud of his chapter's dedication and commitment to helping one of their own. "Market Street has always been a big supporter of not only SAE but all Greek Life at SU," Nicholas said. "When Greeks and the local community unite for a cause, it can be a good thing. SAE plans on continuing to support the Mulfords in the upcoming semester by all means necessary."



Brooke Mulford, 4, daughter of Market Street Inn owner and SAE alum Rob Mulford, has been diagnosed with stage 4 neuroblastoma. SU's SAE chapter has held numerous fundraisers throughout the year in support of Brooke and her courageous battle against cancer.

www.brookemulford.com photo



Wanna get involved?

Come check out the organization that affects change and acts as the student voice.

Join a group where you can make a difference.

Become a SENATOR and represent your fellow students.

SGA
 INVOLVED.

Student Government Association

Interest Meeting Dates:

Wed. Sept 2 @ 5 PM

Wed. Sept 9 @ 7 PM

Thurs. Sept 10 @ 7 PM

Mon. Sept 14 @ 5 PM

Tues. Sept 15 @ 5 PM

All meetings will be in Henson Hall room 107.

SU bookstore

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 Books
 Online At
 The SU
 Bookstore!



Go to:

bookstore.salisbury.edu

Click on "Textbooks" in the black banner at the top to get started.

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- Order early for the best selection.
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Salisbury
 UNIVERSITY

Multicultural Services highlights student organizations and alums



Sarah Wright photo
Passion for Fashion models Mearasha Bailey and Reggie Curtis pose for the cameras during their showcase in fall semester.

Untouchables and Passion for Fashion

Salisbury University is one of the most sought after schools in the United States. The University offers many services to its students including the Multicultural Student Services. This office has been offering academic and social support to its members for more than two decades

in an attempt to insure that those of culturally diverse backgrounds have equal opportunities. The Office also promotes and supports self-expression through many artistic clubs that are open to all students. The two most popular clubs are the Untouchables and Passion for Fashion. Both groups are composed of twenty members on average.

Executive positions for both clubs are determined by the club members. Members of both groups are given the opportunity to demonstrate responsibility and leadership through various activities. Both groups are committed to putting on one principle show per school year, as well as performing in many other events. Their performances have drawn audiences beyond the University campus.

The leadership and communication skills gained will help shape these individuals and make them the outstanding citizens they aspire to be.

If you are interested in joining any of the groups please contact the Multicultural Student Services Office by calling 410-548-4503 or e-mail vp-white@salisbury.edu.

Alumni

The Multicultural Student Services Office has been providing academic and social support to many students of culturally diverse backgrounds, many of whom would otherwise find college life to be a challenging experience either because it is their first time away from home or because of

the many obstacles such students may face. To see those very students not only do well but excel academically and socially is very rewarding and something that we are very proud of. Our office is very pleased to share with you some of its most conspicuous alumni: Mr. Virgil Tyler, Ms. Jessica Howard Dungan, Ms. Leslie Friend, and Dr. Davinna L. Ligon.

Mr. Virgil Tyler graduated with a Bachelor's degree in Physical Science from SU in 1988. He went on to obtain a Masters in Mechanical Engineering from Old Dominion University. Mr. Tyler held various prominent positions including patent information researcher at ASRC Aerospace Corporation.

Ms. Jessica Howard Dungan is a graduate of the class of 1990, earning a Bachelor's degree in communication arts. She gained her Master's in Applied Management from the University of Maryland. Her outstanding achievements have led to a very exciting career in business, which is apparent in the various positions that she

held, including executive coordinator and senior vice president of government and industry relations.

After graduating with a business degree in 1991, Ms. Leslie Friend held numerous top jobs such as director of accounts receivable and billing. She also worked in Suitland, Md. for the National Association of Home Builders. She is also a member of the Alpha Kappa Alpha Sorority.

Dr. Davinna L. Ligon graduated from Salisbury University in 2000. She went on to work for the National Institute of Mental Health as a post-baccalaureate student later accepting a post as a biomedical researcher. On July 2008, Dr. Ligon graduated from Johns Hopkins University's School of Medicine with a doctorate in Cellular and Molecular Medicine. Currently Dr. Ligon is a postdoctoral fellow at Johns Hopkins University.

These success stories reinforce the notion that hard work does pay off, and that anyone is capable of reaching their full potential when given the opportunity to do so.

Comprehensive Academic Success Program

By Vaughn White

Director of Multicultural Student Services

The Office of Multicultural Student Services sponsors the Comprehensive Academic Success Program for minority freshmen. The primary goal of the Comprehensive Academic Success Program (CASP) is two fold: to increase the retention and graduation rates of program's participants and to foster an institutional climate that is supportive of the academic success of underrepresented students at Salisbury University. CASP is supported by the Pre-Matriculation and Early Warning Programs.

Pre-matriculation: In the pre-matriculation phase, the new students and their families are welcomed to the campus by faculty, staff and current students. Through various activities, CASP staff and students will engage in various activities that foster cultural pride, enhance academic competence and instill social cohesion. In addition, new students are matched with an upper class mentor for their freshmen year.

Early Warning Program: The Early Warning Academic Monitoring Program is offered to all Pre-Matriculation Students and any student within the

general population who seeks the assistance. Students are monitored on an ongoing basis at least three times during each semester. During the winter break all students are assessed and the second semester is started with recommendations for academic success for the rest of the year.

Peer Mentor Program: Each student, if requested, is assigned an upper class mentor who assists with their adjustment and familiarity with campus life. The mentor stays in contact with the Mentee through informal means on campus, in addition to by phone, and e-mail throughout the year. An evaluation is done at the end of each semester.

Faculty Mentor Program: Students are mentored by faculty based on the students' request. By establishing the CASP program we are able to help new students establish emotional and social connections with peers; connect with a variety of faculty and staff who can serve as mentors and support systems; and provide a seamless developmental transition to college.

For more information, please contact Multicultural Student Services at 410-548-4503. See our ad on pg. 8!



Submitted photo
Multicultural Student Services Director Vaughn White and Administrative Assistant Andrea Wheatley recently received an award from the Princess Anne chapter of Links, Inc. for their commitment to diverse students

The Center For Student Achievement's Scholar Holler Winner



Sarah Wright

Major: Marketing
 Minor: Sociology

"Sarah is an excellent student who is dedicated to her studies and is dedicated to making a difference in the world."

- Paula Morris

Sarah's Advice To Students

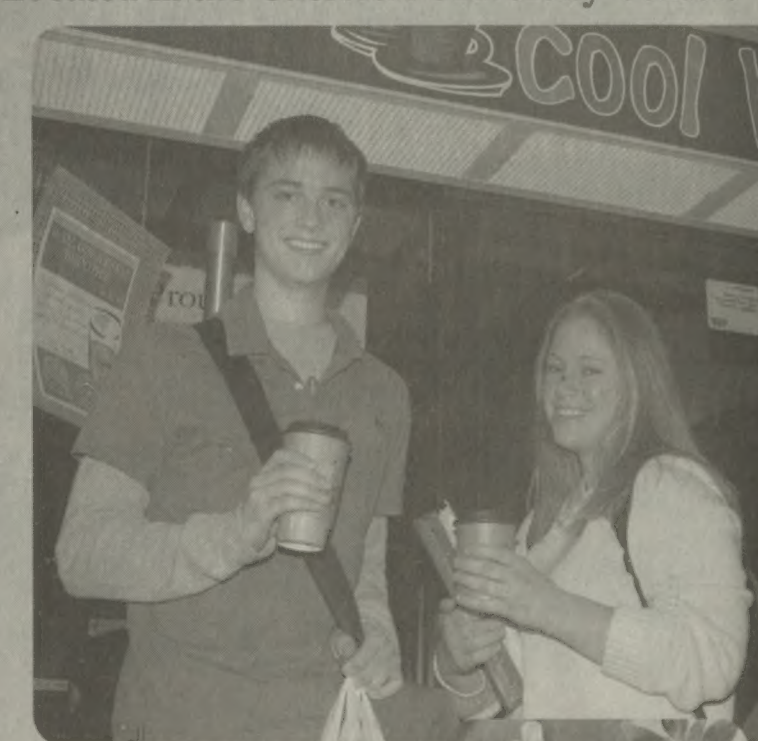
"Carb up!"

Sarah's Study Tips

"Find what works for you.
 Some people swear by notecards.
 I make outlines of the reading
 then study my outlines."

Cool Beans Cyber Café

Located in the Guerrieri University Center.



Starbucks® Coffee
 Fruit Smoothies
 Gourmet Pastries
 Salads
 Sandwiches
 Internet Access

Dining Dollars, Gull Card,
 Cash, Visa & MasterCard
 Accepted.

Salisbury
 UNIVERSITY



MARK YOUR CALENDARS!

Family Weekend 2009
October 2nd to 4th

<http://www.salisbury.edu/newstudentexp>



Intercultural Orientation Program
"POWERFUL CONNECTIONS"
August 23-27, 2009



The Office of Multicultural Student Services offers a unique program that caters to those of a cultural diverse background. The program enables freshman to connect with upper-class students through our peer mentoring program; giving our newcomers the edge when it comes to transitioning and getting familiar with campus life. It has been proven that the program plays a vital role when it comes to academic and social success of those with a cultural diverse background.

Along with the above benefits our members have the opportunity of checking-in early (August 23rd), done through five days of intensive fun activities and educational workshops that will surely prepare you for the adventure that you are about to embark on, and ease your transition to university life.

Program Fee: \$125 all inclusive
Peer Mentor Applications are currently being accepted
For more information, please contact Multicultural Student Services at 410-548-4503

Beyond The Limits - Academic Advising - Campus Tours - Social Events
Multicultural Alliance Fair - Luncheons - Academic Monitoring ...to name a few!

CAMPUS AGAINST VIOLENCE BECOME A PEER EDUCATOR

- Facilitate interactive workshops that debunk myths about sexual assault stalking and relationship violence
- Earn a stipend
- Train and empower other students to take action
- Meet new people
- Enhance your leadership and public speaking skills
- Exercise your creativity
- Learn how to support friends and family who are affected by the issue

For more information, email Alysha B. Warren at abwarren@salisbury.edu or download an application at www.salisbury.edu/counseling/cav/.

This project was supported by Grant No. 2008-WA-AV-0009 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



Get More With A Meal Plan

TRADITIONAL MEAL PLANS

Students living on campus are required to have the A, B or C meal plan. Chesapeake Hall residents may also choose meal plan D or E. Non-Chesapeake Hall students are not required to purchase a meal plan.

A Everything Plan \$1,960/semester
• Unlimited access to the Commons seven days a week
• \$250 in Dining Dollars
• Six guest passes
• UDS recommends this plan for incoming freshmen.

B All Day, Everyday Plan \$1,830/semester
• Unlimited access to the Commons seven days a week
• Four guest passes
• Dining Dollars can be added to this plan at a 10% discount.

C 12 Plus Plan \$1,775/semester
• 12 visits each week to the Commons* (Mon-Sun)
• \$250 in Dining Dollars
• Two guest passes

D 10 Meal Plan \$1,285/semester
• Chesapeake Hall Residents and Commons Students only
• 10 visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount.

E 5 Plus Plan \$950/semester
• Chesapeake Hall Residents and Commons Students only
• 5 visits each week to the Commons* (Mon-Sun)
• \$250 in Dining Dollars
• Two guest passes

COMMUTER MEAL PLANS

Meal Plans F, G and H were specifically designed with the off-campus lifestyle in mind. However, students living off campus may choose any of the Traditional Meal Plans (A-E), as well.

F 5 Meal Plan \$700/semester
• Five visits each week to the Commons* (Mon-Sun)
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount.

G 50 Plus Meal Plan \$945/semester
• 50 meals to use in the Commons* each semester
• \$25 in Dining Dollars
• Two guest passes
• Dining Dollars can be added to this plan at a 10% discount.

H 30 Plus Meal Plan \$399/semester
• 30 meals to use in the Commons* each semester
• \$120 in Dining Dollars
• Two guest passes

* One meal per meal period.

**SIGNING
UP IS
EASY!**

Go to
www.salisbury.edu/dining/mealplans.htm and click on
"Sign Up For A Meal Plan"
on the far right.



410-543-6105 • www.salisbury.edu/dining

Dining
Services

Make this your University!

— A welcome from Dr. Ellen Neufeldt, Vice President of Student Affairs

Congratulations to our incoming new students on selecting Salisbury University as your University! It is my great honor to welcome you here as part of the class of 2013. In addition, faculty, staff and students are excited to welcome you to the SU family.

By making the decision to join the Salisbury University community, you have made a great step toward your future success. SU is known in the University System of Maryland for consistently having one of the highest retention rates, which means that a larger number of students who begin at SU stay through graduation.

So how do you become part of the legacy of success that is Salisbury University? You make SU your university. Students that become part of the fabric of their university community by connecting both in and outside the classroom are more likely to be successful and graduate.

How do you make this happen? You begin today as you visit the campus for preview and orientation, attending every session, meeting as many people as possible, and taking in as much information as possible. These programs are geared toward ensuring your success here, giving you the opportunity and the tools to begin your journey with us. From this point on, you own your destiny. By attending class, participating in active learning, engaging in student activities, and seeking help when needed, you own your experience here at SU. If you seize all the opportunities provided, you will not only graduate, but you will learn and grow, and make life long learning connections.

Today is your day to seize the moment and make Salisbury University your university. What a great journey it will be.

New CAV program seeks peer leaders

An exciting opportunity for motivated, caring students interested in social justice issues

By Alysha B. Warren, M.A.
Student Counseling Services

Seeking Peer Educators!

Salisbury University recently received funding from the United States Department of Justice, Office on Violence Against Women, to develop a Campus Against Violence (CAV) Program to respond to issues of sexual assault, relationship violence and stalking. The Campus Against Violence (CAV) Program represents Salisbury University's commitment to ending sexual violence in all its forms; sexual assault, domestic violence and stalking on campus and providing students with knowledge and skills that will serve them throughout their lives. Over the next two years, the CAV program housed in Student Counseling Services, will ensure that the university has a coordinated response to issues of sexual assault, domestic violence and stalking among students through peer education, counseling services for affected students, skills training, public awareness campaigns and working in collaboration with faculty, staff and students to create a community that is actively engaged in the prevention of sexual violence.

An integral component of this program will be a peer education program. The CAV Program is issuing an official call to action to all students, male and female, undergraduate and graduate to apply to be

paid peer educators. Through student-led workshops, skills training and public awareness campaigns, peer educators have the opportunity to empower other students to speak out and prevent sexual violence, become campus leaders and help shape the CAV Program. The CAV Program will tackle the issue of sexual violence through interactive workshops, publications, public awareness campaigns, campus-wide events, film weeks and other activities. We are looking for students who are motivated, energetic, creative and who have an interest in social justice issues. Peer educators are expected to commit to the program for a minimum of two semesters.

Sexual violence leaves visible and invisible imprints on all of us. It affects the person involved, how they feel about themselves and how they often begin to view the world. Friends and family can feel helpless in the aftermath of a sexual assault or after learning that someone is in a physically violent relationship. Most people want to help but they aren't always sure what to do or say. The new peer education program provides a unique opportunity for students to learn what to say and do and share this information with their peers while connecting with other students and developing their leadership skills. For more information about the CAV Program and to become a peer educator, visit www.salisbury.edu/counseling/cav/.

SU senior earns Associated Press Award for Public Radio Delmarva Broadcast

SALISBURY, MD.—From coverage of the Democratic National Convention to an exploration of life as a homeless person in Salisbury, stories told by Public Radio Delmarva recently earned praise from the Chesapeake Associated Press Broadcasters Association (CAPBA).

WSCL 89.5 FM and WSDL 90.7 FM garnered a record-high four awards in the non-metro radio category during the association's annual summer convention in Ocean City. For the first time ever, one went to a Salisbury University student. The stations, which broadcast from the SU campus, have now won 16 awards in the past five years.

"We're very proud of News Director Don Rush and our volunteer contributors, especially SU senior Mike Piorunski, said General Manager Gerry Weston. "We greatly appreciate their work they do for Public Radio Delmarva. We are strongly committed to bringing high quality, insightful stories like these to the Delmarva Peninsula."

Winning the category of documentary and in-depth reporting was Rush's week-long, morning and afternoon coverage of the Democratic National Convention. Reporting from Denver, CO, Rush followed everything from the protests outside to the speeches inside, interviewing attendees including Salisbury Mayor Barrie Parsons Tilghman and Maryland Governor Martin O'Malley.

"The award is gratifying because of the historical significance of the story," he said. "It had such great dimensions politically and that was reflected among the supporters. It was a very emotional moment for them."

Rush was also honored for use of sound in his story about the Maryland

Food Bank and its food distribution and Kids Cafe programs at two area churches.

"I tried to utilize the sounds of people going through the lines and talking about their experiences and how they wound up there," he said. "Some had been out of work for a long time and others just lost their jobs. You could almost see the economic downturn churning. I wanted to show a human dimension of rising food and fuel prices."

Piorunski was honored by the AP for outstanding feature or human interest story. Chronicling winter time living conditions for local homeless people, he spent one night without a quarter in hand-touring downtown Salisbury with a man he met at the Joseph House, and two others, who live on the streets.

"They told me stories about what they have to do, where they have to go, what they've seen," he said. "Near the train tracks, I crawled into this space where someone had made a camp. There are resources for them, but there's not much."

Public Radio Delmarva earned its fourth award for the editorial "Getting By" told by volunteer contributor Penny Hartman. A commentary on changing life perspectives of retirees who only have shrinking IRAs to live on, Hartman sums up a lesson learned from the financial crisis: "Excess is an ugly thing, and it's the little things that count."

Public Radio Delmarva was selected from among some 70 radio and television stations in Maryland, Delaware and Washington, D.C. For more information call 410-543-6895 or visit the Public Radio Delmarva Web site at www.publicradiodelmarva.net.

Transitions for New Students and Families

By Heather McGee, LGPC and Tasha Thomas, LCPC
Student Counseling Services

The transition to college is often a time of great excitement for students; many will discover new friendships, social activities, and academic opportunities. This transition may also represent a time of fear and anxiety. The same adventures that offer excitement may also cause some to feel uneasy about exploring their new environment. Many will have their first taste of freedom and embark on a process of self-exploration and individuation both personally and academically. Others may look forward to similar experiences, but began their college adventure at another institution and decided to continue at Salisbury University. No matter the starting point, the opportunities and tasks are the same.

One of the greatest balancing acts for students include adjusting new relationships and activities to include communication with those who are not at college with them."

and many are unaccustomed to having this responsibility. The temptation to avoid doing work can be strong. There may be many alternatives available to students that overshadow their need to complete academic assignments. However, those who adhere to schedules similar to high school and incorporate study times during available day time hours, often feel more accomplished and have much of their evenings and weekends available for leisure activities.

In addition to the student's transition, there is also a need for families to transition. Regardless if the student lives at home or away, parents/guardians may need to adjust expectations of their student now that he/she is at college. Family roles may change and one way to manage this change is to be open and honest when experiencing them. It's okay to communicate your concerns, frustrations, and excitement; these feelings are natural and regardless if verbalized or not, the change is often noticed. Enlist the support of your family and loved ones. Reflection is often recommended during this time. This may be an opportunity for parents/guardians to reinvest in self, not only in those around you.

Many students arrive at college well-equipped to deal with life stressors and challenges. They also may discover that as they begin to navigate this new terrain, they need additional tools to help them succeed. SU's Student Counseling Services staff is available to assist new students. Staff may help students establish healthy boundaries and skills to aid with transitioning to their new environment in addition to other mental health concerns. Counseling staff is available Monday-Friday 8 a.m. to 5 p.m. during the academic year and 8 a.m. to 4:30 p.m. during the summer. Please visit our Web site at <http://www.salisbury.edu/counseling/>

Don't forget! A handy list of items to bring to campus:

By Gwendolyn Owens

Asst. Director for Data Management Assignments in Residence Life

As you prepare to pack your room and move your life to Salisbury, there is plenty to think about, who you will live with, what your classes will be like and who you will make friends with. The trick is getting here for those things, but before you arrive you will need to make sure you have everything that you might possibly need! Some students take to this change with gusto, others put it off until the night before and end up borrowing everything they should have packed from friends. Here is a list of things that will likely come in handy during the year. Not all of them are a must, but hopefully there will be some in this list that you hadn't thought of.

- ☐ Television
- ☐ VCR/ DVD player
- ☐ Refrigerator (or a micro-fridge combo unit, kingfridge.com)
- ☐ Cell phone with good service/coverage where your college is
- ☐ Digital camera to capture all your new friends and fun
- ☐ iPod/MP3 player/Stereo with a docking station
- ☐ Computer, with peripherals
- ☐ Power strip/surge protector (NEW!)
- ☐ Sports equipment (football, volleyball, basketball, and any other type of ball)
- ☐ Desk Lamp
- ☐ Alarm Clock (maybe two)
- ☐ Laundry bag or basket
- ☐ High Efficiency Laundry soap/ Stain Remover
- ☐ Knowledge of how to do laundry
- ☐ One or more rolls of quarters (for vending machines, tolls, etc.)
- ☐ Tide To Go Instant Stain Remover
- ☐ Sewing kit (needles and thread, safety pins, two-sided tape, etc.)
- ☐ Eating utensils (preferably plastic)
- ☐ Cups and plates - plastic (washing dishes in a bathroom isn't fun)
- ☐ Bedding (our beds are extra long and those sheets fit best, but some twin sheets do fit)
- ☐ Anything to decorate your room and make you feel at home
- ☐ Iron and small ironing board
- ☐ PDA/organizer/planner
- ☐ Backpack
- ☐ Bike and (good) bike lock (kryptonite)
- ☐ Fan
- ☐ Bath towels, soap, robe, etc.
- ☐ Personal hygiene items (toothpaste, deodorant, etc.)
- ☐ Shower shoes
- ☐ Shower caddy for toiletries
- ☐ Small can-opener and bottle opener
- ☐ First aid kit, including Band-aids, antibiotic ointment, ace bandage, etc.
- ☐ Tylenol or other pain reliever
- ☐ Umbrella
- ☐ Raincoat, rain shoes/boots
- ☐ Pictures of family, friends and/or pets
- ☐ Your insurance card/health insurance information
- ☐ Phonebook from your hometown (so you can call and order flowers for your Mom on her birthday, etc.)
- ☐ Swimsuit(s)
- ☐ Workout and/or sports clothes
- ☐ "Dress" clothes (guys, this means at least a blazer and one or more ties)
- ☐ "Grubby" clothes (who knows if you'll go clean up along the highway, paint someone's house or need to play mud football)
- ☐ Stapler (you need to staple those papers)



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•HATS•SWEATS•BAGS•FLAGS**
We also offer a **FULL LINE**
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FROM THE OFFICE OF ADMISSIONS

SPORTS

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Campus recreation offers fitness and fun

By Wayne Gorrow
Assistant Director of Campus
Recreation

Q. What is the campus recreation department?

A. The campus recreation department is designed to provide members of the University community opportunities to participate in a variety of recreational activities. These activities encompass team and individual sports, as well as informal programs. In addition to the obvious benefits of physical fitness, participants also improve skills, establish friendships, and develop lifelong leisure time habits. The campus recreation department also offers some of the most outstanding collegiate recreational facilities in the Mid-Atlantic region.

Q. What facilities are available for campus recreation?

A. Current full-time students, have access to Mags Gym, the pool, intramural fields, and the Indoor Tennis Center, or the new University Fitness Club (UFC). The UFC opened its doors to the campus community in August 2008. The UFC is an exciting place to work out, play racquetball, attend a group fitness class, or simply hang out in the newly renovated lobby. Each facility has its own schedule and can be used and reserved by contacting the campus recreation department or the individual facility.

Q. What are intramural sports?

A. The Intramural Program at Salisbury University is designed to provide an opportunity for every student to participate in organized recreational competition.

Structured leagues and tournaments are offered in a diverse array of sport activities from flag football and softball to sand volleyball and racquetball.

All current full-time students, faculty, and staff at Salisbury University are eligible to enjoy all intramural privileges. Part-time students may participate, but only after paying the intramural fee at the Cashier's office. Members of the intercollegiate teams are not eligible to participate in an intramural sport (or related sport) in which they are a member. Members of SU Sport Clubs are eligible to participate in a similar sport, but only two per team.

Individuals as well as teams are encouraged to participate in intramurals. Teams are usually formed from residence hall units, student organizations, hometown affiliations, and often simply groups of friends. However, if a student wants to play but doesn't have a doubles partner or doesn't know enough people to form a team, they can still get involved. All a student needs to do is submit a Free Agent Form to the Campus Recreation Office (Mags Room 146) one day before the particular sport's entry deadline. The student's name will be available to any other individual as well as team captain's looking for players or partners. We will either form a team from other free agents or try to get you placed on an existing team.

Q. Is there risk involved in campus recreation activities?

A. The Salisbury University Campus Recreation Department strives to conduct all activities in the most prudent manner possible. However, due to the inherent



Telecia Taylor photo

The Salisbury University women's Rugby team take a break from the mud for a photo op. Women's Rugby is just one of many sports clubs offered at SU.

ent risk of accident or injury in any activity, it is the responsibility of each participant to be aware there are assumed risks involved in participation and that participation is entirely voluntary.

Q. What are sport clubs?

A. A sport club is a student organization, registered with the Campus Recreation Department and the Student Government Association (SGA) that has been formed by individuals motivated by a common interest and desire to participate in a favorite sport activity. Clubs vary in focus and programming since the membership manages the operation of the club. A sport club may be ori-

ented toward any or all of the following: competition, teaching, recreation, or socialization.

The Campus Recreation Department assists and coordinates the efforts of most of the sport clubs on campus. All club matters are channeled through and administered by Wayne Gorrow, Assistant Director of Campus Recreation in the Intramural/Sport Club office, Mags Gym, room 146B.

The success of the sport club program depends on the student leaders of each club. It is these leaders who must have the initiative and drive to handle club administrative matters and motivate club members to take part in club

activities.

Membership in all clubs is open to all Salisbury University students, faculty and staff regardless of skill level. Clubs also offer opportunities for those who want to learn a new sport.

The following sport clubs currently exist at Salisbury University:

Cheerleading, Field Hockey, Golf, Ice Hockey, Men's Lacrosse, Men's Rugby, Men's Ultimate (Frisbee), Men's Volleyball, Sailing, Women's Lacrosse, Women's Rugby, Women's Soccer, Women's Ultimate (Frisbee). Don't forget to check out the Web site: www.salisbury.edu/campusrec



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Willey named CAC male scholar-athlete of the year

YORK, Pa. - Salisbury University senior baseball pitcher Eric Willey was selected as the 2009 Capital Athletic Conference Male Scholar-Athlete of the Year announced by the conference on Wednesday. The selection was made by the conference athletic directors and sports information directors.

Willey becomes the first SU baseball player to win the CAC Male Scholar-Athlete of the Year award. He joins former Sea Gull soccer players Michael Giuffrida (1999) and Dan Meehan (2004) who are previous male recipients from SU. This is the second straight year a SU student-athlete was selected for this honor as Sue Ackermann took home CAC Female Scholar-Athlete of the Year honors last season. This is the seventh overall CAC Scholar-Athlete of the Year award for SU.

Willey, a recent graduate of SU with a degree in Business Management, finished his academic career with a 3.69 grade point average. The Cambridge, Md., native has garnered several other impressive awards this spring for his accomplishments on the field and in the classroom. He was selected as the SU Male Scholar-Athlete of the Year and inducted into the presti-



Athletics photo

Senior baseball pitcher Eric Willey helped No. 11 Salisbury (38-8) capture its fourth straight CAC championship as the Sea Gulls hosted the NCAA Division III South Regional as SU made its 10th straight NCAA tournament appearance, 15th overall.

gious Chi Alpha Sigma National College Athletic Honor Society-Zeta Society. Willey was named to the prestigious Academic All-American second team and also took home Academic All-District honors as he landed on the first team in the College Division for District 2. He was named to the American Baseball Coaches Association (ABCA) All-American second team and named the South Region Pitcher of the Year.

The right-hander helped No. 11 Salisbury (38-8) capture its fourth straight CAC championship as the Sea Gulls hosted the NCAA Division III South Regional as SU made its 10th straight NCAA tournament appearance, 15th overall. He posted a 10-3 record with a 2.45 ERA in '09 as he threw two complete games, pitched 91.2 innings, struck out a team-high 77 batters and limited opposing batters to a .237 batting average.

Willey was a four-year letterwinner for the Sea Gulls as he compiled a career record of 24-6 in 64 appearances. He threw 10 complete games, 240 innings pitched and 226 strikeouts and even closed out some games to record seven career saves.

Willey earned numerous acco-

lades throughout his four years as he is a two-time American Baseball Coaches Association All-American (2008, '09), D3baseball.com All-American ('08) and CAC Co-Player of the Year in '08. Willey and the rest of the SU baseball team volunteered their time helping with the Badges for Baseball program and were mentors at Glen Avenue Elementary School.

To be eligible for the CAC award, a student-athlete must be at least a sophomore with a 3.20 cumulative grade point average, demonstrate athletic success and be a major contributor to his program.

The 2009 CAC Female Scholar-Athlete of the Year award went to St. Mary's (Md.) College student-athlete Emily Smithson a standout on the Seahawk field hockey team.

SU recipients of the CAC Scholar-Athlete of the Year award 2009: Eric Willey (Baseball) 2008: Sue Ackermann (Women's Lacrosse) 2005: Kim Rementer (Softball) 2004: Dan Meehan (Men's Soccer) 2003: Amy Campion (Women's Basketball) 2000: Gina Dean (Field Hockey) 1999: Michael Giuffrida (Men's Soccer)

Womenslacrosse.com names SU's Sarah McKinley defensive player of the year

ANNAPOLIS, Md. - WomensLacrosse.com announced its individual award winners and All-Americans for the 2009 season and Salisbury University senior defender Sarah McKinley was named Division III Defensive Player of the Year.

McKinley was one of four Sea Gulls to garner All-American honors from WomensLacrosse.com Web site. McKinley and senior midfielder Holly Johnson were both named to the first team. Senior midfielder Robyn Bishop was named to the second team and junior attacker Beth Rhodney was named to the third team.

McKinley collects first team All-American honors for the first time in her two years on the Sea Gull roster. The Timonium, Md., native was a key contributor on defense for the Sea Gulls as they were the sixth best scoring defense in the nation. McKinley scored two goals, had one assist, scooped up 29 ground balls, won 20 draw controls and caused 18 turnovers. This is McKinley's second All-American honor this spring as she was named to Intercollegiate Women's Lacrosse Coaches Association (IWLCA) first team.

This is the second All-American honor Johnson has received this spring as she was named an IWLCA third-team All-American. Johnson played and started in 20 games this season and scored 10 goals. The Germantown, Md., native scooped up 29 ground balls, caused 19 turnovers and won eight draw controls.

Bishop garners All-American honors for the third time in her career at SU as she has been



Sarah McKinley

named a first-team All-American by the IWLCA (2008, '09). The Columbia, Md., native started all 22 games for the second-ranked Sea Gulls and led the team in goals (61), draw controls (72) and free position goals (14). Bishop finished the season with 75 points, 14 assists, five game-winning goals, 32 ground balls and 24 caused turnovers.

Rhodney makes her first appearance on the WomensLacrosse.com All-American team as she had another strong season for the maroon and gold where she was named an IWLCA second-team All-American. The Fallston, Md., native finished with 77 points, 54 goals, 23 assists, 36 ground balls, 32 draw controls, five game-winners, 13 free position goals and 16 caused turnovers.

The Sea Gulls (20-2) reached the 2009 NCAA Division III national championship game for the third time in five seasons but lost 11-10 in overtime to Franklin & Marshall College. SU is set to return 20 letterwinners for the 2010 season.

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Student Athlete Spotlight Stacey Krebs



The senior was named 2008-09 Salisbury University Female Scholar Athlete of the Year. Krebs is a two-time All-American where she lettered four times during her career at SU. The Eldersburg, Md., native amassed a team-high 400 kills for the season and 328 digs in '08. Krebs recently graduated from SU with a degree in Physical Education with a 3.83 grade point average. Krebs was named to the CoSIDA All-District second team for her work in the classroom and on the court.

